

Daily Routine Worksheet for Adults

Client Information	
Name:	Age:
Gender:	Date:

Sleep Schedule	
Bedtime:	Wake-up Time:

Morning Routine	
Time Block	Activity

Work/Study Schedule	
Time Block	Activity

Meal Planning	
Breakfast:	
Lunch:	
Snacks:	
Dinner:	

Self-Care Activities	
Time Block	Activity
Evening Routine	
Time Block	Activity
End-of-Day Reflections	
Score of the Day (Out of 10):	
One thing I'm grateful for:	
One thing I learned today:	
One thing I'll improve tomorrow:	